

I. LISTENING (50 points)

Part 1. You will hear part of a lecture on cube houses in Rotterdam. For questions 1 to 10, write NO MORE THAN THREE WORDS AND/OR A NUMBER for each answer. (20 points)

Cube Houses

Background Information

- After World War II, local urban planners wanted to redevelop and revive the city.
- Altogether, the Cube Houses can function as a **1.**
- Each Cube building is in the shape of a **2.**
- The Cube Houses sit on top of a **3.** for pedestrians to the central city.
- During construction, the work was temporarily discontinued because the designer faced the problem of **4.**

Design Features of the Cube Houses.

- Underneath the houses, there are three **5.**
- A new building is situated between a warehouse and an **6.**
- It is a three- storey building.
- The ground floor is an entrance
- Both the lower level and the top level of each house are in the shape of a **7.**
- The first floor has a living room and an open kitchen.
- The medium level has a bathroom and two bedrooms
- The top floor is sometimes used as a **8.**

Living in the Cube Houses

- There is a nearby market **9.** across the square from the Cube Houses.
- For guests, two advantages of the house are its **10.**

Your answer:

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Part 2. You will hear a recording about organic farming. For questions 11 to 15, write NO MORE THAN THREE WORDS for each answer. (10 points)

11. What type of production system is organic farming considered to be?

12. What can organic farming help save energy in producing?

13. From what angle can the differences between traditional farming and organic farming be examined?

14. What products are given as examples to demonstrate lower crop yields in organic farming?

15. What is mentioned as one of the items whose production keeps the same?

Your answer:

11.	14.
12.	15.
13.	

Part 3. For questions 16-20, listen to and decide whether these statements are True (T), False (F). Write your answers in the corresponding numbered boxes provided. (10 points)

16. People who translate novels into their own language tend to produce a better product.

17. Misunderstanding is no longer the case if the translator is a native speaker.

18. Writers tend to produce a translation that reflects their own writing style.

19. There is a problem in the way spoken languages in Zola's books has been translated.

20. Literary translation makes the study of literature much broader.

Your answer:

16.	17.	18.	19.	20.
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Part 4. You will hear part of an interview in which two racing cyclists called Greg Marton and Linda Derridge are talking about different sports they have taken part in. For questions 21-25, choose the answer (A, B, C or D) which fits best according to what you hear. (10 points)

21. When talking about teenage ice hockey, Greg reveals that

- A he now wishes he'd trained harder.
- B he's sorry that he let his father down.
- C he resents the pressure he was put under.
- D he accepts that he lacked the drive to succeed.

22. What led Greg to take up rowing?

- A He followed up a suggestion made by friends.
- B He was frustrated by his performance as a runner.
- C He was told that he had the physical strength for it.
- D He was disappointed not to get on to a degree course.

23. What does Lina say about her initial failure to make the national rowing team?

- A She feels that she wasn't treated fairly.
- B She admits that she was mostly just unfortunate.
- C She disagrees with the way the selection process operated.
- D She recognises that she should have attended training camps.

24. What does Lina suggest about her move to California?

- A She saw it mainly as a way of furthering her career.
- B She was motivated by her desire to try a new activity.
- C She needed convincing that it was the right thing to do.
- D She wanted to concentrate her energies on work rather than sport.

25. Greg and Lina agree that cycling and rowing both require

- A a commitment to a team effort.
- B a tolerance of intense pain.
- C a willingness to take risks.
- D a good sense of timing.

Your answer:

21.	22.	23.	24.	25.
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II. LEXICO - GRAMMAR (30 points)

Part 1. Choose one of the words marked A, B, C, or D which best completes each of the following sentences. Write your answers in the corresponding numbered boxes. (15 points)

26. She always gets what she wants because she knows how to _____ the rules.
A. elicit B. desert C. slack D. circumvent
27. I have no appetite and I am lethargic. I've been feeling under _____ for ages.
A. weather B. par C. stress D. counter
28. There was no one downstairs; so he turned off the lights again and decided that she _____ imagined things.
A. must have B. should have C. can't have D. needn't have
29. _____, the diners settled the bill and left the restaurant.
A. Having hunger satisfied C. Their hunger satisfied
B. Hunger been satisfied D. Satisfying their hunger
30. My new pullover _____ to half of its previous size when I washed it.
A. dwindled B. reduced C. diminished D. shrank
31. Don't mention work to Ray, as it's a sore _____ with him at the moment.
A. point B. sight C. thumb D. threat
32. Today, while the vast majority of people are _____ opposed to the use of drugs in sport, detection remains a real problem for the governing bodies.
A. steadily B. staunchly C. vaguely D. diametrically
33. The government is making little _____ in its fight to beat inflation.
A. advance B. improvement C. headway D. forward
34. _____, the meeting stops here.
A. If no question being asked C. Without any question, however
B. No questions asked D. There being no question
35. I recommend that Miriam _____ a boarding school. She'd be much more challenged academically.
A. attend B. attending C. attended D. would attend
36. Most critics agree that rather little _____ done by the artist after his illness has any great value.
A. of what was B. of that was C. of that what was D. which has been
37. _____, I'd like to talk about myself as the happiest person in the world.
A. Be that it may C. Strange as it might sound
B. How much strange it may be D. Strange though might it sound
38. _____ as a masterpiece, a work of art must transcend the ideas of the period in which it was created.

A. Ranking B. To be ranked C. Being ranked D. To be ranking

39. If you continue to _____ debts at this rate, you will have to declare bankruptcy eventually.

A. arise B. secure C. incur D. default

40. Investors were caught _____ by the sharp drop in share prices.

A. unawares B. unconscious C. short D. red-handed

Your answers:

26.	30.	34.	38.
27.	31.	35.	39.
28.	32.	36.	40.
29.	33.	37.	

Part 2. The passage below contains 5 mistakes. Identify the errors and write the corrections. (5 points)

The advent in the Internet has profoundly changed the way people interact	Line 1
and access information, resulting in a global connectivity unparalleled in	Line 2
history. Despite its many benefits, concerns about online privacy and security	Line 3
remain significantly. One major issue is the increasing prevalence of data	Line 4
breaches, where sensitive information is accessed by unauthorized parties.	Line 5
This not only compromises individual confidence but also undermines trust in	Line 6
digital platforms. Additionally, the rapid dissemination of misinformation	Line 7
poses a threat to societal coherence and democratic processes. It is crucial,	Line 8
therefore, for users to exercise critical thinking skills and verify the	Line 9
authenticity of information before sharing it. Governments and tech	Line 10
companies alike are grappling with these challenges, seeking to strike a	Line 11
balance between innovation and regulation ensuring a safe and transparent	Line 12
digital environment.	

Your answers:

	Line	Mistakes	Correction
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41.			
42.			
43.			
44.			
45.			

Part 3. Give the correct form of the words in brackets. Write your answers in the corresponding numbered boxes. (10 points)

46. Children of school age are very _____ and tend to believe what they are told.

IMPRESS

47. The candidate made a(n) _____ speech that incensed all those who heard it. **FLAME**

48. The business is _____ as it can no longer meet the repayments on its debt. **SOLVE**

49. They were enraged at the _____ of a policeman accused of murder. **ACQUIT**

50. He is a totally _____ person who deliberately defies all standards. **MORAL**

51. She did not reply, but sat with crimson cheeks and _____ eyes. **CAST**

52. People were _____ by the pictures the satellite sent back to Earth. **AWE**

53. This statue _____ the soldiers who died in the war. **MEMORY**

54. New immigrants have been successfully _____ into the community.

SIMILAR

55. Increasing import tax is believed to be _____ as it would give rise to smuggling. **PRODUCE**

Your answers:

46.	51.
47.	52.
48.	53.
49.	54.
50.	55.

III. READING COMPREHENSION (60 points)

Part I. Read the following passage and choose the correct answer A, B, C, or D to complete each blank.

KIWI SURPRISE

When a work project gave me the opportunity to return to New Zealand, I spent several weeks (56) _____ a country I had left in my early twenties. I'd forgotten about the petrol stations where men in smart uniforms (57) _____ to you. They fill your tank, check your oil and still (58) _____ you less than one third of the British price for fuel. And the people rush to your assistance if they see you (59) _____ over a map, or the blissful absence of tips.

Locals simply cannot understand why anybody should expect to pay extra for friendly efficient service.

Given that New Zealand has about 3,000 kilometers of coastline, it should come as no (60) _____ that social life (61) _____ around the sea. When Auckland office workers leave their desks at the end of the working day, they don't (62) _____ home. Instead, they (63) _____ a beeline for the marina and spend the evening under sail on the Hauraki Gulf. There are more yachts in Auckland than in any other city in the world- no wonder it's called the City of Sails. Even those who can't afford a (64) _____ of their own will always know someone who has one, or at the very least, will windsurf the offshore breezes at speeds that make the commuter ferries appear to stand (65) _____.

- | | | | |
|------------------|----------------|--------------------|------------------|
| 56. A. regaining | B. recapturing | C. refamiliarizing | D. rediscovering |
| 57. A. assist | B. attend | C. supply | D. serve |
| 58. A. charge | B. ask | C. require | D. demand |
| 59. A. pointing | B. doubting | C. clamoring | D. puzzling |
| 60. A. wonder | B. surprise | C. amazement | D. news |
| 61. A. centers | B. revolves | C. turns | D. gathers |
| 62. A. move | B. aim | C. head | D. divert |
| 63. A. have | B. do | C. get | D. make |
| 64. A. vehicle | B. hull | C. vessel | D. receptacle |
| 65. A. still | B. dead | C. afloat | D. upright |

Your answers:

56.	57.	58.	59.	60.
61.	62.	63.	64.	65.

Part 2. Read the text below and think of the word which best fits each space. Use only ONE word in each space.

For many people, doing physical exercise may entail a painful torturing of the body. Therefore, there's usually something we come up with that is of bigger importance than (66) _____ one's muscles through their paces. (67) _____ we are forced to (68) _____ in for a physical training, we are inclined to treat it as something of a (69) _____ priority than staying in front of the TV set, spending time in a pub sipping alcoholic beverages, or consuming excessive quantities of fattening confectionery in a café. We need to be considerably motivated to take up a body workout and build our physical fitness. (70) _____ usually repels individuals from committing (71) _____ to strenuous exercise is the fear of fatigue, discomfort, or even the inhibitions of being outdone by true fitness zealots. However, getting fit is fully a matter of common sense. Different forms of exercise may be of great (72) _____ to the human body, increasing its strength, flexibility and endurance. When (73) _____ by a nutritious diet, much better performance of the heart and the lungs improves the blood (74) _____, making an individual more resistant to stressful situations as well as more immune (75) _____ infections and diseases.

Your answers:

66.	67.	68.	69.	70.
71.	72.	73.	74.	75.

Part 3. Read the passage and choose the best answer A, B, C, or D to each question.

A popular enlightenment

Alternative medicine has never enjoyed such popularity and respect as it does today. Therapies once dubbed ‘pseudoscience’ or ‘quackery’ are now typically referred to as ‘alternative’, ‘complementary’ or ‘holistic’. Practices that used to circulate on the fringes are now accepted as mainstream. But the rise of alternative medicine poses a problem for defenders of science. Many see the fight-back as a lost cause, but I cannot share this view because the factors that allow quackery to prosper can and are being harnessed for a counter-revolution in defence of science itself.

In the past, those exploring alternative lifestyles joined groups of like-minded people and subscribed to counter-cultural magazines. They now participate in online communities and surf the Internet, where they encounter alternative websites and blogs by the dozen, but also come across mainstream scientific viewpoints. In other words, the defence of science is also increasingly being undertaken by members of the public because the web has proved to be a crucial mobilising instrument for pro-science activists. Such defence was once conducted primarily by scholars; today the battle is often fought at an individual level via cut-and-thrust debate in blog postings. This social phenomenon of ‘angry nerds’ and ‘guerrilla bloggers’, dedicated to defending evidence-based medicine and challenging quackery, is important. Rather than relying on scientists to defend the boundaries of science, we are seeing a much more socially embedded struggle - a popular enlightenment project. Can such a project work? Reasserting goals of progress through reason and evidence is one thing, but whether it has any effect remains an open question. How easy is it to persuade people through factual corrections?

The answer seems to depend a great deal on the individual. For example, according to recent research, providing people who are ideologically committed to a particular view with incongruent information can backfire by causing them to dig their heels in and support their original argument even more strongly. This problem is a general one. A substantial body of psychological research suggests that humans tend to seek out and evaluate information that reinforces their existing views. The digital revolution has exacerbated the problem because, as journalist Farhad Manjoo writes, “whenever you want; seek out and discuss, in exhaustive and insular detail, the kind of news that pleases you; and indulge your political, social or scientific theories... among people who feel exactly the same way”.

I believe such pessimism goes too far, though. **[A]** However, the world has yet to enter what political scientist Michael Barkun of Syracuse University in New York calls ‘complete epistemological pluralism’. **[B]** Indeed, the fact that quacks keep trying to get the imprimatur of science for their discredited ideas, by trying to publish their work in peer-viewed journals, for examples, speaks to the continued public prestige and power of science. **[C]** Furthermore, their support base is far from fixed in stone. Some people are so committed to unorthodox views that they cannot be moved, but they are the exception. **[D]** In general, people motivated to explore the ‘cultic milieu’ - that fluid countercultural space in which alternative therapies and conspiracy theories flourish - are open to changing their minds.

In his seminal work on the cultic milieu, sociologist Colin Campbell of York University in the UK, stresses that it is not a space where firm opinions are held but rather a ‘society of seekers’ - people who ‘do not necessarily cease seeking when a revealed truth is offered to

them'. This creates the space for pro-science activists to compete for attention. When they do so, the Internet becomes a tougher place for people to sequester themselves in a comfortable cocoon of the like-minded. This is good news for the enlightenment project. People may be biased in favour of interpretations that align with their prejudices but this does not mean that they just believe what they like. Faced with information of sufficient quantity or clarity, people do change their minds.

So the challenge for the pro-science movement is to keep an active and credible online presence. The web is an anarchic space where defence of science ranges from ridicule and banter to serious discussion about findings along with links to scientific articles and reports. It looks, in other words, like that space that used to be the preserve of the cultic milieu - but with greater informational depth. The weapons of science and reason are still very much in contention.

76. The writer expresses disapproval of scientists who _____.

- A. overlook the significance of alternative medicine
- B. embrace the ideas put forward by proponents of alternative medicine
- C. use pejorative language to refer to alternative medicine
- D. abandon attempts to challenge claims made by alternative medicine

77. According to the passage, which of the following is NOT mentioned?

- A. the transition of alternative medicine from 'quackery' to mainstream
- B. the expansion of pro-science groups from academic settings to online platforms
- C. the inclusion of laypersons into supporters of science
- D. the diversification of magazines into counter-culture

78. Which of the following statements best clarifies the sentence "The answer seems to depend a great deal on the individual" in the passage?

- A. People who have amour propre are narrow-minded and therefore unable to accept contradictory proof, unlike their open-minded counterparts.
- B. People with an idée fixe are confined to their personal unconventional viewpoints, while those interested in a counter-cultural space are more willing to modify their opinions.
- C. Ideologues are devoid of the ability to change their mind, whereas those eager to explore the 'cultic milieu' are more susceptible to changes in opinions.
- D. Those with idiocy are resistant to shifts in their opinions, but whoever motivated enough are open to leave their viewpoints changed.

79. The use of the quote by a journalist in the passage suggests that the Internet is a meeting place for _____.

- A. people with very fixed viewpoints to support each other
- B. pro-science activists attempting to defame alternative medicine
- C. users seeking reinforcement of their ideologies
- D. amateurs desiring to corroborate their beliefs with facts

80. Proponents of discredited ideas about complementary medicine _____.

- A. are consistent in the arguments they put forward
- B. feel that they are given a raw deal by the scientific community
- C. are inclined to ignore the evidence to the contrary produced by scientists
- D. are interested in gaining the approval of the scientific community

81. Which of the following square brackets [A], [B], [C], or [D] best indicates where in the paragraph the sentence "*The boundary between mainstream and alternative knowledge may have become more permeable.*" can be inserted?

A. [A] B. [B] C. [C] D. [D]

82. According to the passage, how the Internet has assisted pro-scientists in their attempts to defend their principles?

- A. It has become a place for discussions about complementary medicine held by its supporters.
- B. It has caused people to be exposed to viewpoints to the contrary, not just similar opinions as theirs.
- C. It has tarnished the fame of alternative medicine and eased criticism levelled at science-based medicine.
- D. It has fuelled passion for science in scholars and scientists alike.

83. The writer emphasizes the need for pro-scientists to _____.

- A. cite relevant data on any discussions on the Internet
- B. avoid getting engaged in heated discussions with laypersons on the Internet
- C. maintain the integrity and exposure of scientific viewpoints on the Internet
- D. recede from any discussion which is getting more fiery

84. From the passage, it can be inferred that _____.

- A. Concepts behind alternative medicine have been roundly castigated by people of the public
- B. Attempts to belabor the point that complementary medicine remains 'quackery' have been to no avail
- C. The social phenomenon instigated by debates between alternative and science-based medicine has culminated in the victory for the latter
- D. The enlightenment project entails people with prejudices altering their views

85. It can be deduced from the passage that the author _____.

- A. consents to the action of retreating into a world of like-minded people
- B. yearns to avert the flourishing of science-based medicine
- C. takes a sanguine view of science and reasoned arguments
- D. objects to the use of the Internet for the sake of science

Your answers:

76.	77.	78.	79.	80.
81.	82.	83.	84.	85.

Part 4. Read the following passage and do the tasks below

Mutual harm

A. In forests and fields all over the world, plants are engaged in a deadly chemical war to suppress other plants and create conditions for their own success. But what if we could learn the secrets of these plants and use them for our own purposes? Would it be possible to use their strategies and weapons to help us improve agriculture by preventing weeds from germinating and encouraging growth in crops? This possibility is leading agricultural researchers to explore the effects plants have on other plants with the aim of applying their findings to farming.

B. The phenomenon by which an organism produces one or more chemicals that influence the growth, survival and reproduction of other organisms is called allelopathy. These chemicals are a subset of chemicals produced by organisms called secondary metabolites. A plant's primary metabolites are associated with growth and development. Allelochemicals, however, are part of a plant's defence system and have a secondary function in the life of the organism. The term *allelopathy* comes from the Greek: *allelo* and *pathy* meaning 'mutual harm'. The term was first used by the Austrian scientist Hans Molisch in 1937, but people have been noting the negative effects that one plant can have on another for a long time. In 300 BC, the Greek philosopher Theophrastus noticed that pigweed had a negative effect on alfalfa plants. In China, around the first century AD, the author of *Shennong Ben Cao Jing* described 267 plants that have the ability to kill pests.

C. Allelopathy can be observed in many aspects of plant ecology. It can affect where certain species of plants grow, the fertility of competitor plants, the natural change of plant communities over time, which plant species are able to dominate a particular area, and the diversity of plants in an area. Plants can release allelopathic chemicals in several ways: their roots can release chemicals directly into the soil, and their bark and leaves can release chemicals into the soil as they rot. Initially, scientists were interested in the negative effects of allelopathic chemicals. Observations of the phenomenon included poor growth of some forest trees, damage to crops, changes in vegetation patterns and, interestingly, the occurrence of weed-free areas. It was also realised that some species could have beneficial effects on agricultural crop plants and the possible application of allelopathy became the subject of research.

D. Today research is focused on the effects of weeds on crops, the effects of crops on weeds, and how certain crops affect other crops. Agricultural scientists are exploring the use of allelochemicals to regulate growth and to act as natural herbicides, thereby promoting sustainable agriculture by using these natural chemicals as an alternative to man-made chemicals. For example, a small fast-growing tree found in Central America, sometimes called the 'miracle tree', contains a poison that slows the growth of other trees but does not affect its own seeds. Chemicals produced by this tree have been shown to improve the production of rice. Similarly, box elder - another tree - stimulates the growth of bluestem grass, which is a tall

prairie grass found in the mid-western United States. Many weeds may use allelopathy to become ecologically successful; a study in China found that 25 out of 33 highly poisonous weeds had significant allelopathic properties.

E. There may be at least three applications of allelopathy to agriculture. Firstly, the allelopathic properties of wild or cultivated plants may be bred into crop plants through genetic modification or traditional breeding methods to improve the release of desired allelochemicals and thus improve crop yield. Secondly, a plant with strong allelopathic properties could be used to control weeds by planting it in rotation with an agricultural crop and then leaving it to rot and become part of the soil in order to inhibit the growth of weeds. Finally, naturally occurring allelopathic chemicals could be used in combination with man-made chemicals. Boosting the efficiency of man-made herbicides could lead to a reduction in the amount of herbicides used in agriculture, which is better for the environment.

F. Despite the promising uses of allelopathic chemicals, agricultural scientists are still cautious. Firstly, allelopathic chemicals may break down and disappear in the soil more easily than artificial chemicals. Secondly, allelopathic chemicals may be harmful to plants other than weeds. Thirdly, allelopathic chemicals could persist in the soil for a long time and may affect crops grown in the same field as the allelopathic plants at a later date. Because the effects of allelopathic chemicals are not yet fully known, agricultural scientists will need to continue to study the biological war between plants.

Choose the correct heading for paragraphs B-F from the list of headings below. Write the correct number, i-ix, next to Questions 1-5.

List of Headings

- i.** What are metabolites?
- ii.** The negative effects of allelopathy
- iii.** Biological warfare in the plant world
- iv.** Why we cannot use allelopathic chemicals at present
- v.** What is allelopathy?
- vi.** The reasons why plants compete with other plants
- vii.** The effects of allelopathy and realisation of its possible uses
- viii.** How could we use allelopathic chemicals in farming?

ix. Specific examples of alleiopathic plants

Example Answer

Paragraph A *iii*

86. Paragraph B

87. Paragraph C

88. Paragraph D

89. Paragraph E

90. Paragraph F

Your answers:

86.	87.	88.	89.	90.
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Questions 91-95: Complete the summary below. Choose NO MORE THAN TWO WORDS from the passage for each answer. Write your answer in the space provided.

Scientists can see three potential uses of allelopathic chemicals in farming. Firstly, the ability to produce allelopathic chemicals could be (91) _____ into agricultural crops; secondly, allelopathic plants could be planted in rotation with the (92) _____; finally, naturally produced chemicals could be combined with (93) _____ herbicides. However, agriculturalists are still (94) _____ as allelopathic plants may have negative effects on plants which are not the intended target and the chemicals could remain in the ground for a(n) (95) _____, even after the plants themselves have died.

Your answers:

91.	92.	93.	94.	95.
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Part 5. You are going to read an article about architecture. For questions 96-105, choose the best answer from sections (A-D). The sections may be chosen more than once.

DIY PSYCHOLOGY

Books offering self-help and advice sell in their millions. We take a look at four of the most popular.

A. The last self-help book you will ever need by Paul Pearsall

In this book, Pearsall explores the tendency for proponents of self-help therapy to substitute clichés for serious thought. Hackneyed fallacies like 'be all that you can be', 'live up to your full potential', 'nurture and understand your inner child', are just a few of the arguably silly fabrications that masquerade as legitimate advice, and Pearsall exposes them to the light of scientific scrutiny. Primarily, this book advocates accepting that you may never become a concert pianist or an international footballer, and concentrating on achieving what is within your reach. You can derive more happiness from life, he suggests, when you appreciate your current situation and those around you. Were people less caught up in the misconception that they should be happier and more fulfilled, they probably wouldn't be so discontented. Pearsall sees much of what we might term 'therapeutic culture' as based on rather questionable remedies that over time have gained the status of unassailable truth. He effectively explores the validity of these assertions from a more objective, down-to-earth perspective.

B. Instance Confidence by Paul Mac Kenna

McKenna puts forward the notion that people who feel they lack confidence are in fact confident - if only in the belief that they have no confidence! He offers techniques to help people develop their hitherto suppressed abilities and apply these to situations in which they may be of use. Many of his suggestions follow well-known coaching concepts familiar to practitioners of neuro-linguistic programming. However, the book is written in a refreshingly down-to-earth style that avoids the almost incomprehensible jargon which some self-help practitioners are prone to. One of McKenna's key ideas is to encourage people to visualize and experience as far as possible what 'the confident you' will be like. He advocates the simple use of a technique which helps to reframe negative 'inner thoughts' in a 'positive' way. Don't expect to develop instant or total confidence as a result of reading this book, but if you follow the suggestions and practice them, you should make some progress.

C. Help: How to become slightly happier and get a bit more done by Oliver Burkeman

This is a genuinely useful book; the writer really does want us to become slightly happier and get a bit more done, just as the title promises us. In a winning aside, he says that 'adding an exclamation mark to the title of your book isn't necessarily going to help make it fun. (There are some exceptions.)'

And this is an exception, because it is fun, and can be read for pleasure even if you judge your self management and feelings of personal fulfilment to be in good shape. I like to think that a decent prose style is one of the guarantors of sanity, and Burkeman has a lovely turn of phrase, neither too dry nor too flashy, but a sort of just-rightness that makes his pronouncements sound wholly trustworthy. In short, *Help* is win-win. Should you find yourself prone to those niggling difficulties which, though surmountable, are disproportionately aggravating, then you'll find solace and good counsel here.

D. Feel the fear and do it anyway by Susan Jeffers

The subject of this book rests on the following premise, fear is a necessary and essential element of life and pushing through fear is actually less frightening than living with a feeling of helplessness Susan Jeffers highlights the paradox that whilst we seek the security of a life free of fear, this creates an environment in which we are denied the satisfaction of achievement or development. The result is a no-win situation in which we experience both a fear of change and fear of staying the same. The book introduces a progression of truths which illuminate the crippling effects of fear and build the case for taking action to address the problem. Given that you accept these truths, you can change your attitude and approach A number of simple models and techniques are engagingly presented through a series of first-hand accounts of people at various stages of succumbing to or addressing their fears. When strung together, these provide a structured programme with which you may set about changing your attitude and raising your self-awareness and self-esteem.

About which book is the following stated?

It can be an enjoyable read irrespective of whether you have problems.	96. _____
It presents ideas in language that is accessible to the non-specialist.	97. _____
It examines the evidence to support some of the claims made by exponents of self-help.	98. _____
It offers a step-by-step guide to working through a psychological dilemma.	99. _____
It describes ways in which people can make the most of their unfulfilled potential.	100. _____
It suggests that people may be encouraged to have unrealistic expectations.	101. _____
Many of the suggested therapies are based on a recognised methodology.	102. _____
The quality of writing makes the advice appear more credible.	103. _____
It suggests that we should view one particular negative emotion as something natural.	104. _____
It offers comfort and advice to those frustrated by seemingly straightforward problems.	105. _____

Your answers:

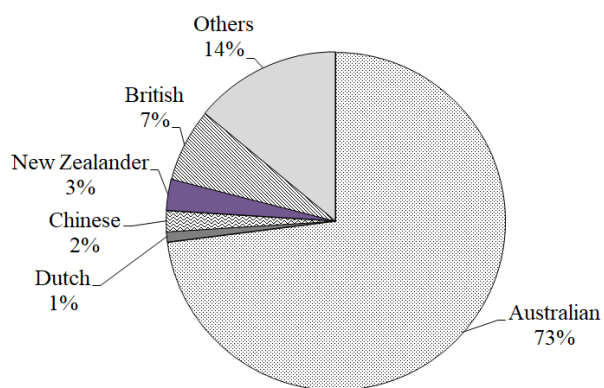
96.	97.	98.	99.	100.
101.	102.	103.	104.	105.

SECTION IV. WRITING (60 points)

Part 1. Read the following extract and use your own words to summarize it. Your summary should be between 100 and 120 words.

Part 2.

The table and the chart below give information about the population in Australia in 2020. Summarise the information by selecting and reporting the main features, and make comparisons where relevant. You should write at least 150 words.



Nationality	City (%)	Countryside (%)
Australian	80	20
British	89	11
New Zealander	90	10
Chinese	99	1
Dutch	83	17

Write an essay of at least 350 words on the following topic:

[illegible]

-----***THE END***-----

Người ra đề:

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